

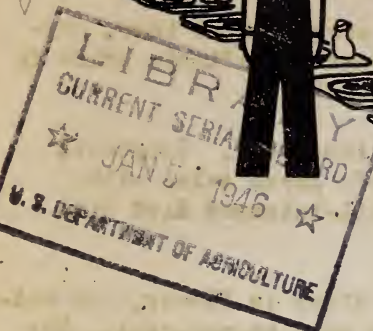
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INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education
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MEAT EXTENDERS AND ALTERNATES

Macaroni, spaghetti, and noodles are among the abundant foods in January, just in time to take the limelight as meat extender and meat alternate dishes.

Stretch the rationed meats by making frequent use of combinations of meat and other protein-rich foods with the universally popular paste products. Excellent combinations include:

- Macaroni and cheese loaf with tomato sauce.
- Macaroni baked with cheese sauce.
- Macaroni, tomatoes, onion, green pepper baked with bacon strips.
- Macaroni with tomatoes, onions, and chopped smoked ham.
- Italian spaghetti with meat balls.
- Spaghetti casserole with shredded carrots, diced celery, green pepper, and cubed pork shoulder.
- Spaghetti, tomato sauce, and ground Cheddar cheese.
- Spaghetti with meat sauce.
- Noodles scalloped with diced chicken and mushrooms.
- Noodles scalloped with diced celery and tuna fish.
- Noodles baked with hard-cooked eggs and cheese sauce.
- Boiled noodles with meat sauce.
- Noodle ring filled with creamed chicken or veal.
- Noodles baked with cheese sauce.

Believe it or not, it was the Chinese, not the Italians, who first used these foods. The Chinese later introduced them into Europe. The Italians popularized them by using them in many delicious ways, and Italian spaghetti and macaroni dishes are universally used and liked.

Spaghetti and macaroni are made from durum wheat, a hard wheat that has a high gluten content. The wheat meal, called semolina, is mixed with water and kneaded into a smooth, tough dough. The dough is forced under pressure through holes in a cylinder which shape it into the desired form. The same dough is used for a wide variety of paste products that range from long tubes of macaroni, or fine

threads of vermicelli to macaroni alphabets and shells. Noodles differ from the macaroni pastes in that they are made of ordinary wheat flour and contain eggs. Making noodles is a household art practiced by many homemakers who gain fame for home-made noodle soup, chicken and noodles and other delicious dishes.

Italian-born housewives often make their own macaroni and spaghetti at home, drying the long strips over rods hung in the kitchen. They take justifiable pride in the delicious dishes they prepare from these home-made products.

A typical Italian dinner is usually a well-planned, nutritious meal. Spaghetti with meat balls or meat sauce, cheese, crusty bread, a leafy green salad with olive oil dressing, fresh fruit and a beverage offers a well-balanced diet with vitamins, minerals, and protein.

Spaghetti, macaroni, and noodles are all soft in texture, bland in flavor, and colorless. It is well to remember that texture contrast adds zest to any meal. The

Tomato-Meat Sauce

2½ cups fresh or canned (No. 2 can) tomatoes
 1/2 garlic clove
 1 bay leaf
 ¾ pound ground beef
 1/4 cup chopped onion
 1/4 cup minced green pepper
 2 tablespoons fat
 2 tablespoons flour
 1 teaspoon sugar (if desired)
 1 teaspoon salt
 Pepper

Cook together the tomatoes, garlic, and bay leaf -- about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add cooled, sieved tomatoes, sugar (if used), salt, and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles, or rice.

--Courtesy Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture.

tossed green salad is a good addition to the spaghetti, macaroni, or noodle-dish dinner, not only because it is a contrast in texture but also because it adds color and piquant flavor to the meal.

When macaroni, spaghetti, and noodles are used in hot dishes, they should be thoroughly cooked and well seasoned. Cook them in boiling water until tender--the time will vary with the kind of paste from about 10 to 20 minutes. Drain the cooked product in a colander and rinse with water to separate the pieces. Use in a casserole dish, or serve with a delicious sauce, Italian style. Serve the crisp, colorful salad or a fresh fruit salad for texture contrast and color. Or use sliced tomatoes, celery hearts, carrot sticks, raw turnip slices. When no meat is used in the mixture, a custard type of dessert will improve the nutritive value of the meal.

There's no reason why a meatless dinner should be a drab occasion when, with careful planning and forethought, it can be a feast. Be sure to remember to add color, flavor, and texture contrast when planning the meal.

LET'S CHECK THE MENU BOARD

The menu has been called the "newspaper" of the cafeteria because it tells the initial story about the food to the customer. It gives him information about what is available, how it is prepared, and how much it costs.

In a well-arranged menu, as in a well-planned newspaper, the information is headed and classified so that the reader can find it readily. As is done in the newspaper, items of particular interest on the menu are featured in a prominent place on the page where they will attract the attention of readers. For example, to attract the customer's attention, a "special" food or combination may be centered on the page, or printed on an attached colored slip. Heavier type sometimes is used to print "specials" on the menu card.

Travelers judge newspapers in strange cities by the form and arrangement of their contents as well as by the way the news items in them are written. Similarly, the customer forms an early impression of the cafeteria, by the appearance of the menu, the ease with which it may be read, the clearness with which the food is described, and the clear-cut way in which prices are listed.

Menus present the food variations the cafeteria has to offer the patrons. They have advertising as well as sales value. Decisions as to menu forms and contents are important problems for the manager; their use and interpretation is the responsibility of the salespersons.

QUICK FREEZING MAKES MEAT TENDER

Formation of ice crystals within the fibers of meat that is frozen, resulting in splitting of the fibers, is believed to be the explanation of the "tenderizing" effect of sharp freezing of meat. At temperatures only a few degrees below the freezing point, U. S. Department of Agriculture scientists did not find ice crystals within the fibers when they were investigating the effects of low temperature on the tenderness of beef. At zero F. crystals were evident, and at 10 below and 40 below the crystals were finer, there were more of them, and the frozen meat was more tender when thawed and cooked.

The experimenters, O. G. Hankins and R. L. Hiner, of the Bureau of Animal Industry, report that there has long been a prejudice against frozen meat. These recent laboratory measurements of the actual effects on tenderness should help greatly, they believe, in leading consumers to appreciate the effects of good methods of freezing.

In general, aging or "ripening" has been depended on to make meat more tender. After beef or lamb is slaughtered, it is often kept hanging in a cooler for as long as several weeks, at a temperature only slightly above freezing. This prevents rapid multiplication of the bacteria that cause spoilage, but does not prevent the action of enzymes that are already in the meat. The action of the enzymes is in some respects similar to digestion, and the effect on the muscle fibers and connective tissue is to make them more tender.

In a study of aging for as long as 35 days and freezing at 20 above and 10 below zero, the best combination to keep deterioration down and obtain a good tenderizing effect was to age the meat for 15 days and then freeze it at 10 degrees below zero F. Beef aged only 5 days and frozen at 10 below zero was as tender as beef aged 35 days without freezing.

STANDARDS

Setting standards for the quality of food served in a plant cafeteria is the function of the manager.

Upholding the standard set for quality is the responsibility of everyone who handles food in storerooms, kitchen, bakeshop, and pantry.

IS BREAKFAST A PROBLEM?

If breakfast is a problem meal, don't give up. Try to solve it.

This is the latest advice from nutritionists in the Bureau of Human Nutrition and Home Economics. They have found that going without breakfast is a bad start. Workers who skip breakfast get less done in the first working hours than those who have a good meal before work.

Suggestions on what to eat for breakfast and how to prepare it are contained in a new publication, "Eat a Good Breakfast to Start a Good Day," which may be had on request from the War Food Administration, Office of Marketing Services, 5 South Wabash Avenue, Chicago 3, Illinois.

REQUEST FOR INDUSTRIAL FEEDING SPECIALISTS' SERVICES

The Midwest Office of Marketing Services maintains a staff of industrial feeding specialists to help industrialists and their food operators solve mass feeding problems. This service is free upon request. The following form is for your convenience.

Plant Name _____ Approximate Number Workers _____
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